

# ACADEMY SEPTEMBER 2022



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|--|---|--|---|--|
|  | <p>30 <i>Biscuits &amp; Gravy or Cereal</i><br/>Fruit, Juice &amp; Milk</p> <p>4-Cheese Garlic<br/>Vegetable Medley<br/>Marinara<br/>Fruit Variety<br/>Milk</p>       | <p>31 <i>Bagel &amp; Cream Cheese or Cereal</i><br/>Fresh Fruit/ Juice</p> <p>Chicken Tenders<br/>Green Beans<br/>Breadsticks &amp; Cheese<br/>Fruit Variety<br/>Milk</p>  | <p>1 <i>Breakfast Torando or Cereal</i><br/>Fresh Fruit /Juice</p> <p>Bar-B- Que Chicken on<br/>Coleslaw<br/>Baby Carrots<br/>Fruit Variety<br/>Milk</p>  | <p>2 <i>Donut or Cereal</i><br/>Fresh Fruit/Juice</p> <p>Pepperoni Pizza<br/>Baked Beans<br/>Salad<br/>Fruit Variety<br/>Milk</p>  |
|  | <p>6 <i>Mini Pancakes or Cereal</i><br/>Fruit/Juice &amp; Juice</p> <p>Sausage Pizza<br/>Glazed Carrots<br/>Marinara Sauce<br/>Fruit Variety<br/>Milk</p>             | <p>7 <i>Eggs, Bacon, Toast or Cereal</i><br/>Fruit, Juice &amp; Milk</p> <p>Chicken Nuggets<br/>Green Beans<br/>Breadstick / Baby Carrots<br/>Fruit Variety<br/>Milk</p>   | <p>8 <i>Flapstick or Cereal</i><br/>Fruit, Juice &amp; Milk</p> <p>Beefy Nacho Supreme<br/>Refried Beans<br/>Romaine Salad/Baby Carrots<br/>Fruit Variety<br/>Milk</p>  | <p>9 <i>Donut or Cereal</i><br/>Fruit/Juice &amp; Milk</p> <p>Sausage Pizza<br/>Vegetable Medley<br/>Baby Carrots<br/>Fruit Variety<br/>Milk</p>  |
| <p>12 <i>Mini Waffles or Cereal</i><br/>Milk/ Fruit/ Juice</p> <p>Sloppy Joe<br/>French Fries<br/>Baby carrots<br/>Fruit Variety<br/>Milk</p>          | <p>13 <i>Sausage &amp; Cheese Slider or Cereal</i><br/>Fruit, Juice, &amp; Milk</p> <p>Wild Mike Bites<br/>Corn<br/>Baby Carrots<br/>Fruit Variety<br/>Milk</p>       | <p>14 <i>Blueberry Bread or Cereal</i><br/>Fruit, Juice &amp; Milk</p> <p>Ranch Chicken Wrap<br/>Baked Beans<br/>Salad<br/>Fruit Variety<br/>Milk</p>                      | <p>15 <i>Breakfast Torando or Cereal</i><br/>Fruit/ Juice/ &amp; Milk</p> <p>Spaghetti Bake<br/>Steamed Broccoli<br/>Garlic Toast/Baby Tomatoes<br/>Fruit Variety<br/>Milk</p>  | <p>16 <i>French Toast &amp; Sausage or Cereal</i><br/>Fruit, Juice, &amp; Milk</p> <p>Cheese Pizza<br/>Green Beans<br/>Baby Carrots<br/>Fruit Variety<br/>Milk</p>   |
| <p>19 <i>Frudel or Cereal</i><br/>Fruit, Milk, Juice</p> <p>Corn Dog<br/>Potato Wedges<br/>Baby Carrots<br/>Fruit Variety<br/>Milk</p>                 | <p>20 <i>Biscuits &amp; Gravy or Cereal</i><br/>Fruit, Juice, &amp; Milk</p> <p>4-Cheese Garlic Bread<br/>Peas<br/>Marinara Sauce<br/>Fruit Variety<br/>Milk</p>      | <p>21 <i>Cinni Mini's or Cereal</i><br/>Fruit, Juice, Milk</p> <p>Chicken Tenders<br/>Mashed Potato &amp; Gravy<br/>Green Beans<br/>Fruit Variety<br/>Milk</p>             | <p>22 <i>Breakfast Pizza or Cereal</i><br/>Fruit, Juice, &amp; Milk</p> <p>Meatball Sub<br/>Baked Beans<br/>Baby Carrots<br/>Fruit Variety<br/>Milk</p>  | <p>23 <i>Donut or Cereal</i><br/>Fruit, Juice &amp; Juice</p> <p>Pepperoni Pizza<br/>Broccoli &amp; Califlower Salad<br/>Baby Carrots<br/>Fruit Variety<br/>Milk</p>   |
| <p>26 <i>Yogurt &amp; Muffins or Cereal</i><br/>Fruit, Juice &amp; Milk</p> <p>Hotdog<br/>French Fries<br/>Baby Carrots<br/>Fruit Variety<br/>Milk</p> | <p>27 <i>Ham &amp; Cheese Slider or Cereal</i><br/>Fruit, Juice, &amp; Milk</p> <p>Chicken Quesadilla<br/>Taco Beans<br/>Romaine Salad<br/>Fruit Variety<br/>Milk</p> | <p>28 <i>Mini Pancakes or Cereal</i><br/>Juice, Fruit &amp; Milk</p> <p>Bacon Chicken Twister<br/>Macaroni &amp; Cheese<br/>Green Beans<br/>Salad<br/>Fruit &amp; Milk</p> | <p>29 <i>Breakfast Pizza or Cereal</i><br/>Juice, Fruit &amp; Milk</p> <p>Chicken Alfredo<br/>Corn/Breadstick<br/>Baby Carrots<br/>Fruit Variety<br/>Milk</p>   | <p>30 <i>French Toast &amp; Sausage or Cereal, Fruit, Juice &amp; Milk</i></p> <p>Sausage Pizza<br/>Cheesy Broccoli<br/>Baby Tomatoes<br/>Fruit Variety<br/>Milk</p>   |